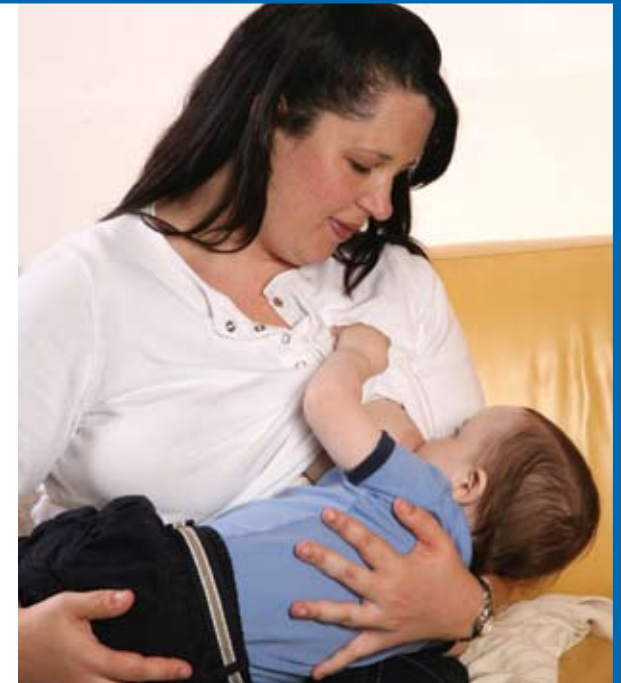


## Latch onto a good thing!

Communities play an important role in the promotion, protection, and support of breastfeeding. It is easier for women to breastfeed their babies and to breastfeed for a longer duration in a breastfeeding friendly environment.



- 1 Eat a healthy breakfast every day
- 2 Re-think your snack
- 3 Be active every day
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies**
- 8 Watch less TV



## BREASTFEED BABIES

Supporting families to breastfeed babies  
is the Motiv8 way.

For more information visit  
[TBDHU.COM/HBHF/breastfeeding](http://TBDHU.COM/HBHF/breastfeeding)

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## LATCH ONTO A GOOD THING!

Breastfeeding is the first step to healthy eating. Breastfeeding provides essential and long-lasting benefits—for the baby, the mother, and the community—and many of them increase with longer breastfeeding. Breastfed babies have a lower risk of developing diabetes, cancers, and heart disease. Recent research suggests a link to lower obesity rates. Health Canada recommends exclusive breastfeeding for the first six months, with continued breastfeeding for up to two years and beyond.



**Support  
Breastfeeding**



**Establish  
policies**



Returning to a supportive workplace makes a difference to breastfeeding mothers. Employers who support employees' breastfeeding enjoy less absenteeism and turnover, as well as improved worker productivity, morale and satisfaction.

To support breastfeeding mothers, businesses and organizations can:

- Establish a policy that demonstrates that breastfeeding is valued. Share it with the public and employees.
- Encourage mothers to breastfeed anytime, anywhere.
- Call TBDHU Family Health nurse at 625-5952 for more information on becoming breastfeeding friendly.

*Breastfeeding Friendly*



ANYTIME. ANYWHERE.